



# Diabetes Awareness



**Dedicated** Senior  
Medical Center  
A CHENMED COMPANY

# Did you know?

- Almost 26% of people 65+ have diabetes –that's 11.8 million seniors.
- In 2012, 8.1 million Americans had diabetes and didn't even know it.

Reference: American Diabetes Association

# There are 2 different types of diabetes:

**Type 1:** Diabetes means your body cannot make insulin.

**Type 2:** Diabetes means your body does make insulin, but does not use insulin properly.



Both types cause your blood sugar levels to rise.

# Diabetes can affect your entire body!



This includes your:

- heart
- kidneys
- nerves
- eyes
- teeth
- hands
- feet
- brain



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Take steps to help  
control your diabetes.

# Control your diabetes

Check your blood sugar levels every day.



# Control your diabetes

Be sure to take your medicine  
every day,  
as prescribed by  
your doctor.



# Control your diabetes



- Be more active.
- Aim for 30 minutes a day, 5 days a week.



# Control your diabetes

Keep a food diary.



# Control your diabetes

- Eat a balanced diet.
- Avoid desserts, candy, sodas.

Ask your doctor how much fruit, starches and other foods to eat at meals and snacks.



# Control your diabetes

Avoid drinking alcohol.



# Control your diabetes

Check your feet and skin every day for cuts or sores.



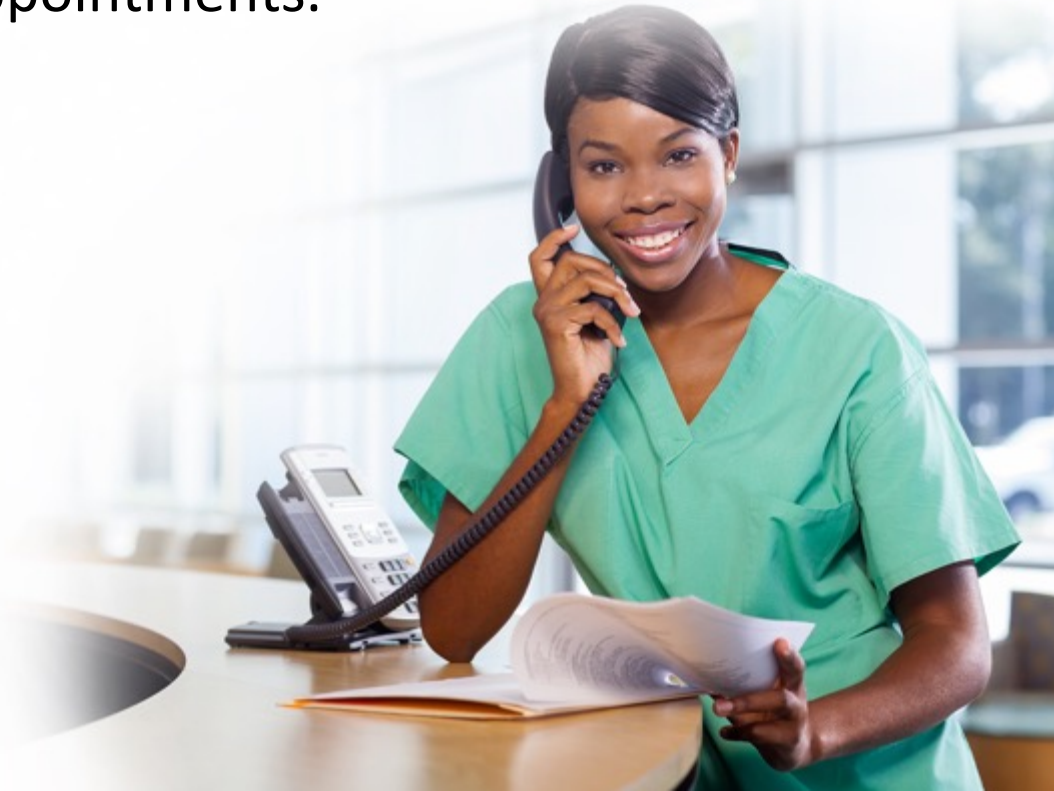
# Control your diabetes

If you smoke, QUIT!



# Control your diabetes

Don't skip your doctor appointments.



# Control your diabetes

Manage your stress.



# Control your diabetes

Join a support group. This can be a great way to help you through your day-to-day diabetes management.





# Living with diabetes?

- Dedicated Senior Medical Center can help!
- Over 40% of our patients have diabetes, making **our doctors experts in caring for people with diabetes.**



# Living with diabetes?

- At Dedicated Senior Medical Center, your doctor works closely with specialists like endocrinologists, podiatrists, and optometrists to **help take care of your diabetes.**
- Dedicated Senior Medical Center's Diabetes Management Program has shown long-term success in our participating patients.

# Take a look at our success!

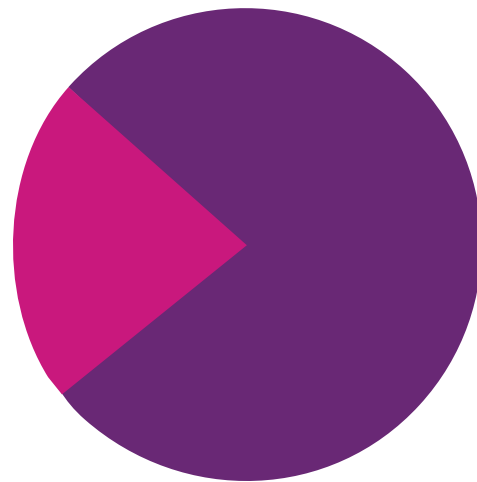
After 10 months our participants maintained:

- Decreased blood sugar levels
- Decreased blood pressure
- Decreased waist size  
(up to 3 inches)
- Decreased cholesterol levels



Our doctors have a patient panel that is **up to 75% smaller** than the average Medicare doctor.

That means we have time to give you the care you deserve!



In fact, we've been so successful with our patients' health outcomes that

Dedicated Senior Medical Center patients spend 38% fewer days in the hospital than the average senior.



28%

fewer in-patient hospital admits than the 14-County average\*\*

# What services does Dedicated Senior Medical Center provide?

- Dedicated Senior Medical Center is a one-stop shop for all your healthcare needs.
- This means you can get a variety of healthcare services in one convenient location.



Respectful doctors who listen



Dedicated specialists



Medications provided on-site



On-site tests and screenings



Door-to-door transportation available



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Talk to your Dedicated Senior  
Medical Center team member  
today about scheduling a tour.

We'll even pick you up!